

LUNDI

- [French daily planner and self-care journal](#) - 1 page front and back
- L'expression du jour - [Follow LLL on Instagram](#)
- Do a [dictation exercise](#) - *une dictée* - [48 dictations on 4 levels](#).
- Take a [French quiz](#).
- Go to [wordreference](#), look up a random word in French, then read all of the ways it can be used. Scroll to the bottom of the page and read some posts in the forum.
- Choose and complete a review activity from [Use it or Lose it](#).
- [Learn and practice a new verb](#) today in the tense of your choice. Write the conjugation, write a sentence using the verb, and check your work on [Verb2Verbe](#). Post your sentence on [LLL French Academy's Facebook](#) page.
- Do an audio drill for listening and speaking practice: [Present tense regular verbs](#)
- [Radio France International - Journal en français facile](#): 10-minute news summary every day at 8pm GMT and streamable after that.
- Do 5 minutes of [Duolingo](#).

MARDI

- [French daily planner and self-care journal](#) - 1 page front and back
- L'expression du jour - [Follow LLL on Instagram](#)
- Review a difficult grammar lesson or start a new one [@LLL French Academy](#). Click here for [free LLL lessons](#).
- Have fun while practicing French with [music](#). There's an option to sign up for free, and you can choose to do music activities at your level.
- Take a [French quiz](#).
- Write a shopping list in French. Get your [downloadable PDF](#) to print and check off what you need or write your own.
- Go to [LLL French Academy's Facebook](#) group page and write what's on your mind today, *en français ou en anglais*.
- Choose a [different set of exercises every week](#) based on your level and interests.
- [Radio France International - Journal en français facile](#): 10-minute news summary
- Do 5 minutes of [Duolingo](#).

MERCREDI

- [French daily planner and self-care journal](#) - 1 page front and back
- L'expression du jour - [Follow LLL on Instagram](#)
- Take a [French quiz](#).
- Watch a French lesson on [YouTube](#).
- Learn to speak like a native with [Daily French Conversations](#).
- [Learn and practice a new verb](#) today in 1 of 6 tenses. Write the conjugation, write a sentence using the verb, and check your work on [Verb2Verbe](#).
- Do an audio drill: [Passé composé of regular verbs](#)
- Practice a study set on [Quizlet](#).
- [Radio France International - Journal en français facile](#): 10-minute news summary
- Do 5 minutes of [Duolingo](#).

JEUDI

- [French daily planner and self-care journal](#) - 1 page front and back
- L'expression du jour - It's free! [Follow LLL on Instagram](#)
- Practice a study set on [Quizlet](#).
- Take a [French quiz](#)!
- Work on listening comprehension: [Set 1](#) - [Set 2](#)
- Do a [sudoku or crossword puzzle](#) to practice grammar and vocabulary.
- Challenge yourself with a French circling activity: [Beginner Level](#) - [Intermediate Level](#) - [Upper Level](#)
- Have fun while practicing French with [music](#). Choose a new song to challenge yourself today.
- [Radio France International - Journal en français facile](#): 10-minute news summary
- 5 minutes of [Duolingo](#).

VENDREDI

- [French daily planner and self-care journal](#) - 1 page front and back
- L'expression du jour - [Follow LLL on Instagram](#)
- Take a [French quiz](#).
- Watch a French lesson on [YouTube](#).
- Practice a study set on *Jennifer's YouTube [Quizlet](#) Class*.
- [Learn and practice a new verb](#) today in the tense of your choice. Write the conjugation, write a sentence using the verb, and check your work on [Verb2Verbe](#).
- Find a [recipe](#) you like in French and prepare it this weekend.
- Do an audio drill: [Passé composé of regular and irregular verbs](#)
- [Radio France International - Journal en français facile](#): 10-minute news summary
- Do 5 minutes of [Duolingo](#).

SAMEDI

- [French daily planner and self-care journal](#) - 1 page front and back
- L'expression du jour - [Follow LLL on Instagram](#)
- Practice a study set on [Quizlet](#).
- Review a difficult lesson or start a new one [@LLL French Academy](#) or click here for [free LLL lessons](#)
- Take a [French quiz](#).
- Go to [LLL French Academy's Facebook](#) group page and write what's on your mind today, *en français ou en anglais*.
- Do a [sudoku or crossword puzzle](#) to practice grammar and vocabulary.
- [Radio France International - Journal en français facile](#): 10-minute news summary
- 5 minutes of [Duolingo](#).

DIMANCHE

- [French daily planner and self-care journal](#) - 1 page front and back
- L'expression du jour - [Follow LLL on Instagram](#)
- Work your way through a set of practice cards from a lesson you want to review [@LLL French Academy](#).
- Do a sentence structure activity: [Levels A1 - B2](#)
- [Watch a movie](#) in French (English subtitles for beginners, French subtitles for intermediate, and no subtitles for advanced).
- [Learn and practice a new verb](#) today in 1 of 6 tenses. Write the conjugation, write a sentence using the verb, and check your work on [Verb2Verbe](#).
- Have fun while practicing French with [music](#).
- Do an audio drill: [Mastering French Pronouns](#)
- Take a [French quiz](#).
- [Radio France International - Journal en français facile](#): 10-minute news summary
- Do 5 minutes of [Duolingo](#).